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THE  
**TRUE WAY**  
OF  
Preserving and Candyng,  
AND  
Making Several Sorts  
OF  
**Sweet-Meats.**

According to the  
Best and Truest Manner.

Made Publick for the Benefit  
of all *English* Ladies and  
Gentlewomen; especially  
for my Scholars.

L O N D O N,  
Printed for the Author, in the  
Year, MDCXCV.



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THE  
EPISTLE  
DEDICATORY.

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To all Young *Ladies* and  
*Gentlemen*; especial-  
ly those which are my  
Scholars.

Ladies and Gentlemen,

**T**His little Piece  
that I now pre-  
sent you with, is  
what I thought  
might be acceptable to you,  
and a Work necessary to be  
A 2 done :

## The Epistle

done; because of all the but that you may miscarry  
 Pieces that I have yet seen, in endeavouring to do what  
 I never could find anything, I have here directed; For,  
 or at most very little, that as the Old Saying is, It is  
 was worth your taking no Use that makes Perfectness;  
 tice of in them: And in and no Person can do that  
 deed, they may be truly cal with a Pen, that your see-  
 led a ready Way to spoiling and observing shall do;  
 Sugar and Fruit, rather for, if so, then all Arts would  
 than to Preserve Sweet be easily obtained; and, What  
 Meats. Therefore, I have needed Seven Years Ap-  
 taken no notice of any apprenticeship? But this, I am  
 them, but have only given sure, will be sufficient for  
 such Directions, as I know to help your Memories, af-  
 will truly accomplish the ter you have seen what is  
 End for which I design here directed Practised;  
 them: Yet I do not know which is all I can promise  
 but

## Dedictory.

A 3 You,

## The Epistle Dedicatory.

*You, or my Self: Except it be my Assistance to shew you that which I have here given Directions for to be done; in which, I do not doubt, but to give you all the Satisfaction you can expect.*

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THE

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[ 7 ]

THE  
**TRUE WAY**  
OF  
Preserving and Candyng,  
AND  
Making severall Sorts  
OF  
**Sweet-Meats.**

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*How to Preserve Whole  
Oranges.*

**T**AKE of the largest, and best coloured Sevil - Oranges, and pare them; then cut a round Hole at the End where the Stalk did grow, and put them into a Brass or  
A 4 Cop-



8      The True Way of  
Copper-Pan of clean Water ;  
and set them on a Fire, made  
to burn clear with Wood or  
Charcoal, and boyl them till  
you can thrust a Straw thro-  
row them ; shifting the Water  
twice : Then take them off,  
and put them into clean cold  
Water ; and when they are  
cold, take out the Meat of  
them with a little Stick, made  
in the Fashion of an *Apotheca-  
ries Spatule* ; and as you take  
out the Meat, put them into  
clean Water, and let them  
stand *Eight and Forty* Hours ;  
in which time, shift the Wa-  
ter *four* times. Then if you  
will use Powder-Sugar, you  
must Clarify it with Eggs,  
putting a Pint and an half of  
Water

Preserving & Candyng. 9  
Water to a Pound of Sugar,  
and scum it clean, and strain  
it through a piece of White-  
Flannel ; then put your *Oren-  
ges* upon a Sieve to drain :  
Then place them in a single  
Row in the Preserving-Pan,  
and put to them as much Syr-  
rup as will handsomly receive  
them, to boyl them in : Then  
set them on the Fire, and let  
them just boyl ; then set them  
by one Day ; then set them  
on the Fire again, and let  
them boyl gently half a Quar-  
ter of an Hour ; then set them  
by again for another Day :  
Then set them on the Fire,  
and boyl them till they are  
enough ; which you may  
know, by trying a Drop of  
the

10     The True way of  
the Syrrup upon your Finger;  
for when it will rope, it is  
enough. You must turn them  
sometimes as you boyl them,  
that they may be Preserved  
all over; and when they are,  
you must set them by till they  
are cold.

Then if you will Candy  
any of them, take them, and  
boyl them; stirring of them  
with a Brasse Slice with Holes  
in it, which must be your  
Director, to know when they  
are enough: for when they are  
enough, you may blow the Su-  
gar through the Holes of the  
Slice in little Bladders: Then  
take them off, and let them  
cool a little, stirring them  
with the Slice; then lay them  
upon

Preserving & Candyng. 11  
upon a dry splintered Sieve,  
to drain and cool; and when  
they are cold, if you would  
keep them for any Time, you  
must wrap them up in seve-  
ral Papers, and keep them in  
a dry Closet; but put them  
not in a Stove, or near any  
Fire.

And if you would put any  
*Orenge*s in Jelly, then take some  
Pippins, and slice them when  
they are pared and cored into  
clean Water, and boyl them  
till you think the Goodness is  
boyled out of them: then  
strain it, and let it settle till it  
is clear: Then take a Pint of  
the same, and put to a Pound  
of Double-refin'd Sugar, and  
boyl it, and scum it clean;  
and

and when it will jelly, have your *Orenge*s put in Glasses fit for them, and put the Jelly to them : but take care that you cover them with Jelly : And when they are cold, cut some Papers fit for Glasses, and wet them in fair Water, and dry them a little in a clean Napkin, that they may be about half dry : And then lay the Papers upon the Jelly, and tye them over with another Paper, and set them in a dry Closet : But put them not into any Stove, nor near any Fire.

You may Preserve and Candy *Orenge*-Chips, and Halfs and Quarters of *Orenge*s the same way.

To

### To Preserve Whole Lemons.

TAke them, and lay them in fair Water three dayes ; then pare them very neatly, and cut a Hole in them at the End, where the Stalk is joyned to them : Then boyl them very tender, that a Straw may run through them : then take out the Meat, and put them into clean Water ; then Clarify some Sugar with a Pint and a half of Water to a Pound of Sugar : Then Pack them in a Pan, and put to them as much

14    **The True way of**  
much of the same, as will fill  
them, and cover them : Let  
not your Syrrup be too thick ;  
then cover them with a sheet  
of White Paper, which is good  
to keep them, and all other  
Sweet-meats under the Syrrup,  
in the Time of their Preserving ;  
and set them by for two Nights,  
and a Day : Then boyl them  
whil't you may tell *Ten* ; if there  
doth rise any Scum, take it off  
clean, and cover them with a  
Paper again, and set them by  
till the next day ; then set them  
on the Fire, but not to boyl :  
Then set them by for Two  
Dayes, or *Forty Eight* Hours ;  
then boyl them in the Syrrup  
till it will draw ropy a little,  
and

**Preserving & Candyng.** 15  
and if your Syrrup doth decrease,  
you must add more to it, and set  
them by for *Eight* and *Forty* Hours  
more : Then set them on the Fire,  
and boyl them till you see they are  
Preserved enough, and that the  
Syrrup will rope : Then cover  
them, and set them by till the  
next Day ; then you may Candy  
them, or put them in Jelly, as  
you do the Whole *Orenge* ; but  
you must take New Sugar to  
Candy them in, and if you would  
have your Jelly to be very good,  
you must use Double-Refined  
Sugar.

To

## To make Marmalad of Oreniges.

**T**Ake the Peels of fair *Sevil Oreniges*, and boyl them in *three* several Waters, till they are very tender; then put them into fair cold Water, and let them stand Three dayes, shifting the Water twice a day; then drain them from the Water, and beat them in a wooden Mortar: Then take some Pippins, and pare them, and core them, and weigh a Pound of Pippins, and boyl it in fair Water, till it is so soft, that you  
can

## Preserbing & Candyng. 17

can force it through a Cullendar; which being done, put half a Pound of the *Oreniges* to it, and boyl it a little together: Then take one Pound and a Quarter of Sugar beaten, and ceased, and put to it, and set it on the Fire, keeping of it stirring till you perceive it is enough; which you may understand by dropping a little upon a Plate. When it is enough, put it into flat Pots or Glasses; and when it is cold, paper it up, and set it in your Cloffet.

**Y**OU may make *Cakes* of the same to dry, by putting a Pound and Ten Ounces of the Sugar to a Pound of *Pippin*,  
B and

18    *The True way of*  
and half a Pound of the *Orenge*  
and lay it out upon Plates to  
dry, and put it in a Stove.  
And to make it dry crisp, you  
must shake a little fine Sugar  
over it, put into a piece of  
fine Linnen, and when one  
*side* is dry, then turn them  
upon Papers, put in a dry  
Sieve; and dust the other *side*  
too; and set them in the  
Stove again: And when it is  
dry, pack it up in a Box,  
with Papers between one ano-  
ther.

To

*To make Paste of Pippins.*

**F**irst, Quarter your *Pippins*,  
and Core them, and pare  
them; then weigh them, and  
slice them into fair Water,  
as much as will boyle them so  
tender, that you may pulp  
them through a Cullendar;  
then put it in the Pan again,  
and set it over the Fire, and  
boyl it, till the Water is pret-  
ty well gone, and that it is as  
thick as Apple-Sauce: Then  
you must have a Care, and  
keep it stirring, that it doth  
not lose the Colour: Then to a  
pound of *Pippin* take a pound

B 2                      and

20    **The True way of**  
and one ounce of Double-Re-  
fin'd Sugar beaten to powder,  
and sifted through a Hair-  
Sieve ; put it into the Pan to  
the *Pippin*, and stir it toge-  
ther ; then set it over the  
Fire, and let it boyl till it is  
enough, which you may know  
by dropping a little upon a  
Plate. You may lay it upon  
plates to dry, when it is cool ;  
then dust it with some fine  
Sugar, beaten, and put in a  
piece of Fine Linnen, and  
set it in the Stove : And when  
one side of it is dry, then lay  
some dry papers in a dry  
splinter Sieve, and turn it in-  
to the Sieve, and dust the o-  
ther side, and set it into the  
Stove till it is dry : then pack  
it

**Preserving & Candyng.** 21  
pack it into a Box, with pa-  
pers between each Laying ;  
and keep it in a dry Clofset,  
but not near the Fire, nor  
in a Stove.

**I**F you would colour it  
Green, then take Spin-  
nage, and beat it, and strain  
the Juice into an Earthen Pan  
or Pipkin, and set it on the  
Fire, and it will divide it self  
like Curds and Whey ; then  
put it upon a little Hair-sieve,  
and let the Thin run from  
the Thick ; then take the  
Thick part, and put it into a  
white Earthen Plate ; and  
with the Back of a Silver-  
spoon, work it about till it  
is very fine, that there be no

B 3            black

22    The True way of  
black Lumps in it : Then put  
into your *Paste* as much of it  
as you do see will make it of  
a good Colour, and stir it well  
together, to mix it all alike.  
Then lay it out to dry, as be-  
fore.

**T**O make Red Colouring  
for *Pippin-Paste*, or *Quince-  
Paste*, or *Paste-Royal* ; take an  
Ounce of Cutchenele, and  
beat it very fine ; then put it  
into Three Quarters of a pint  
of fair Water in a Skellet, and  
a Quarter of an Ounce of  
*Roch-Allum*, and boyl it till you  
think the Water hath got out  
the Goodness of it ; then  
strain it through a piece of  
fine Holland, and put it into  
a Vial,

*Preseruing & Candyng.* 23  
a Vial, and put *Two* Ounces of  
Double-refin'd Sugar to it,  
and keep it by you : It will  
keep six Months.

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### *To make Parched Almonds.*

**T**Ake a Pound of Sugar,  
and make it into a Syr-  
rup, and boyl it to a Candy  
highth ; then take Three  
Quarters of a Pound of *Jordan-  
Almonds*, and put into it ;  
keeping them stirring over  
the fire, till they are dry and  
crisp : Then put them into  
a dry Box or Paper ; and keep  
them dry.

B 4

To



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To Candy Angelica.

**T**Ake the Stalks of *Angelica* that is Tender and Green, then boyl it in a good quantity of Water, till it is tender; then peel it, and put it into fresh fair Water: Then take a Pound of fine Sugar to a pound of *Angelica*; let the Sugar be made into a Syrrup, and set by till it be cold; then put in the *Angelica*; and let it stand a day, then set it on a gentle fire, till it be ready to boyl; Then take it off, and cover it with Paper, and set it by till it be quite cold:

Preserving & Candying. 25  
cold: Then set it on a gentle fire again, and boyl it up till it will Candy; which you may know, by blowing the Sugar through the Slice that you stir it with: Then lay it out upon dry splintered Sieves; and when it is cold, it will be dry to put up in a Box.

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To Preserve Green Apricocks.

**T**Ake your *Apricocks* before they have stones in them, and prick them, and put them into fair Water, and scald

26    **The True way of**  
scald them over a gentle fire  
till they are tender ; then put  
them into cold Water : Then  
take a Pound of Sugar to a  
Pound of *Apricocks* , Clarify  
the Sugar into a thin Syrrup.  
You may put a Quart of Wa-  
ter to a pound of Sugar. Let  
your Syrrup stand till it is  
quite cold ; then put the *Apri-*  
*cocks* into the Preserving-Pan,  
and put the Syrrup to them,  
and let them stand *four* and  
*twenty* Hours covered down  
with a Paper ; then set them  
on a gentle fire, and let them  
boyl ; then set them by till  
the next Day : then set them  
on the fire, and let them just  
again boyl ; then set them by  
for one Day more : Then set  
the

**Preserving & Candyng.** 27  
the Syrrup on the fire, and  
boyl it till it will draw ropy  
a little : then pack the *Apri-*  
*cocks* in the Pan, and put it to  
them, and let them stand till  
the next Day : Then set them  
on the fire, and heat them till  
they boyl ; then set them by  
till the next day : Then drain  
them from the Syrrup, and  
pack them in Glasses or Pots,  
and put some *Pippin-Water* to  
the Syrrup, and boyl it a little  
to make it thin : then strain it  
through a Hair-Sieve , and  
then boyl it till it will Jelly.  
If you please, you may make  
a New Jelly, with Double-  
Refined Sugar, and *Pippin-Wa-*  
*ter* , as formerly directed in  
the Receipt for doing Whole  
*Orenges.* If

28      The True way of

*If you would dry Green Apricocks,*

**Y**ou must Preserve them *first*, and when they are Preserved, then take half the Syrrup that they were done in, and as much Sugar, and boyl it till it will draw ropy a little, and pack them in the Pan, and put it to them ; and set them on the Fire, and let them be thorow Hot all over ; but not to boyl ; then cover them down with a Paper, and set them into the Stove for a Day, and a Night : Then take them out of the Stove, and drain them on a Sieve, and lay them upon Plates to dry, and dust

Preserving & Candyng. 29

dust them with some Double-Refined Sugar, beaten , and put in a piece of fine Linnen , and set them in the Stove to dry ; and when one side is dry, then turn them into a dry Sieve upon Papers, and set them into the Stove till they are quite dry : then pack them up with your Box papered, and Papers between each Laying.

If you make a little Bag of a piece of fine Linnen, and beat some Double-refined Sugar, and put in it, and hang it in the Stove to Keep dry ; it will be very convenient.

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*To make Paste of Green-Pippins.*

**T**AKE *Green-Pippins*, and scald them, and peel them; and have fresh warm Water ready, and put them in, and cover them close, and keep them warm, till they are very Green; then take the Pulp of them, but take care you put no part of the Core in; and beat it in a Mortar, and pulp it thorow a Cullendar: then take a pound, and three ounces of Sugar, and clarifie it, and boyl it till it will roul in a Ball between  
your

your Fingers; then put in a pound of the Pulp, take it off the Fire, and mix it together; and set it on the Fire again, and boyl it till it is enough; which you may know, by dropping a little on a Plate. Do with it afterwards, as with other *Pippin-Paste*.

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*To Preserve Goosberryes Green.*

**T**AKE the large Preserving *Goosberries*, and pick of the *black*, but let the *stalk* be on; then stone them, and put them into a Pan of Water, and set them on a gentle

32    The True way of  
the Fire, just as may make  
them scalding Hot: Let them  
be covered down close, and  
let them scald till they are  
tender, but not to break any  
of them; and when they are  
tender, then take them up in-  
to cold Water: Then take a  
pound of fine Sugar to a  
pound of *Goosberryes*, and Cla-  
rify it with a pint and an half  
of Water to a pound of Sugar:  
then let the Syrrup be cold;  
then pack the *Goosberryes* into  
your *Preserving-Pan* single, and  
put the Syrrup to them, and  
set them on a gentle fire,  
and let them heat till they  
boyl, and when they have  
boyled, and you perceive the  
Sugar hath entred them, then  
take

*Preserving & Candyng.* 33  
take them, and cover them  
with a Paper, and set them by  
till the Morrow; then take  
them out of the Syrrup, and  
boyl the Syrrup till it begin to  
rope, and scum it, and put it  
to them again; and set them  
on the Fire, it being gentle;  
and let them heat gently, then  
cover them with Paper, and  
set them by till the Morrow:  
And if you would put any of  
them in Jelly, take some *Goos-*  
*berryes*, and pick them, and  
boyl them in fair Water, and  
make a Decoction, and strain  
it, and let it settle; and use a  
Pint of it to a pound of Dou-  
ble-refin'd Loaf-Sugar, and  
make a Jelly of it, and pack the  
*Goosberryes* in Glasses or Pots,  
C and

34    *The True way of*  
and cover them with it ; and  
when they are cold, then cut  
Papers, and wet them, and  
paper them, and tye them  
over with other Papers, and  
set them in your Clofset.

**I**F you would dry any of  
them, then boyl as much  
fresh Sugar as will contain  
them, till it will rope, and  
*pack* them in a Pan, and put  
it to them, and set them on  
the Fire till they are thorow  
Hot all over ; then cover them  
with Paper, and set them in-  
to the Stove a Day and Night:  
Then drain them from the  
Syrrup, and lay them upon  
Plates, and dust them with  
the Bag of Sugar, and set them  
in

*Preserving & Candyng.* 35  
in the Stove ; and when one  
side is dry, then turn the o-  
ther, and dust them again, and  
set them in the Stove till they  
are dry ; then *pack* them up  
in a Box, with Papers be-  
tween each Laying.

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*To make Jelly of Currans.*

**T**Ake the *Currans*, and  
strip them into your  
Preserving-Pan, and to a gal-  
lon of *Currans* put a *pint* of Wa-  
ter, set it on the Fire, and  
boyl it, then strain it  
through the Bag, and let it  
settle : Then take a Pound of  
Loaf-Sugar, either single or  
C 2      double-

36    The True way of  
double-refined, and beat it,  
and put to it a pint of the  
Juyce, and boyl it to a Jelly,  
which you may know, by set-  
ting some in a Spoon: Then  
put it in Pots or Glasses; and  
when cold, paper it with wet-  
ted Papers, and tye them over  
with other Papers, and set  
them by in your Cloffet.

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*To Preserve Cherries with-  
out Stones, in Jelly.*

**T**Ake the *Cherries*, and  
stone them; and to a  
pound of *Cherries* take a pound  
of Sugar, and Clarify it into  
a Syrrup, and boyl it till it  
will

*Preserbing & Candying.* 37  
will rope very stiff: Then put  
in the *Cherries*, and by degrees  
let the Sugar boyl over them;  
then have standing by you a  
Quarter of a Pint of Juyce of  
*Currans*; and when the Sugar  
boyls over the *Cherries*, at four  
several times put that in. Be  
careful to *take* off the Scum  
from all things that you do.  
Let your *Cherries* boyl till the  
Syrrup is become a Jelly;  
which you may understand,  
by trying some in a Spoon.  
You must take them off the  
Fire, and *shake* them some-  
times, that they may not stick  
to the Bottom of the Pan; and  
when they are done, put them  
into flat Pots or Glasses, and  
cover them with the Jelly:  
C 3                      and

38    *The True way of*  
and when they are cold, pa-  
per them with wetted Papers,  
and tye them over with dry  
Paper, and set them by : They  
will keep a Year very well ;  
but set them not in a Stove.

You may do *Morello-Cherryes*  
the same way ; only, if  
you would have them  
keep, then add Two Oun-  
ces of Sugar more.

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*To Preserve Cherryes with  
Stones.*

**T**Ake the best *Cherryes*, and  
cut the Stalks off half-  
way ; then to a pound of *Cher-  
ryes*

*Preserbing & Candyng.* 39  
*ryes* take a Pound of Sugar  
made into a Syrrup, and boy-  
led till it will rope very well ;  
then put in the *Cherryes*, and  
boyl them till the Syrrup will  
draw, which is meant *Roping* :  
Then they are Preserved :  
But *Cherryes* with Stones must  
boyl a while ; and then take  
them off, and let them stand  
a little, or else the Stones will  
make the Syrrup grow thin  
again. If you would have  
them to Jelly, then you must  
put in Two Ounces more of  
Sugar , and a little *Curran-  
Juyce*. These are good for  
such People, that are troubled  
with Drought, to take some-  
times one of them, and keep  
the Stone in their Mouths.



40    **The True way of**  
You must put them up in  
Pots, and paper them as you  
do other things; only when  
Sweet-Meats are not done in  
Jelly, you need not wet the  
Papers; for wetting of the  
Papers, is to keep it from  
sticking to the Jelly.

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*To make a very sharp tasted  
Marmalad of Cherryes.*

**T**Ake four Pound of *Cher-  
rye* without Stones,  
and a Quart of Juyce of *ur-  
rans*, and put them in a Pre-  
serving-Pan, and set them on  
the Fire, and dry away the  
Waterish Part, and break  
them,

**Preserving & Candyng.** 41  
them, or mash them; then  
take Three Pound of Sugar  
made into a Syrrup, and boy-  
led Candy-high; then put  
the *Cherryes* to it, and set it  
on the Fire, and boyl it till it  
comes to a Body; then put  
it into flat Pots or Glasses;  
and when cold, paper it up  
with wetted Papers.

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*To make Quiddeny of  
Rasberryes.*

**M**Ake a Decoction of  
*Rasberryes* as you do of  
*Currans*, and strain the Juyce,  
and let it settle, and put a  
pound of beaten Loaf-sugar  
to

42     The True way of  
to a pint of the Juyce, and  
boyl it till it will Jelly ; then  
scum it, and put it into flat  
Pots or Glasses ; and when it  
is cold, paper it with wetted  
Papers, and tie it over with  
dry Papers : Keep it in your  
Cloffet.

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*To Preserve Red Rasber-  
ryes in Jelly.*

**T**AKE of the largest and  
best *Rasberryes*, and to a  
pound of *Rasberryes* take a  
pound and a Quarter of Su-  
gar made into a *Syrup*, and  
boyl it till it will draw: Then  
put in the *Rasberryes*, and set  
them

*Preserving & Candyng.* 43  
them over a gentle Fire, and  
let them boyl ; and as they  
boyl, take them, and shake  
them sometimes ; and when  
the Sugar boyls over them,  
take them off the Fire, and  
scum them, and set them by  
a little : Then set them on  
again, and have a quarter of a  
pint of Juyce of *Currans* by  
you, and at several times put  
it in as they boyl : shake them  
often, as they grow near to  
be enough ; which you may  
know, by setting some of the  
*Syrup* by you in a Spoon, to  
try the Jelly ; for when they  
Jelly well, they are enough :  
Then put them into *Pots* or  
*Glasses*, and keep the Jelly to  
cover them : But before you  
put

44    The True way of  
put it to them, pick out all  
the Seeds, and let the Jelly  
cover them very well : and  
when they are cold , paper  
them with wetted papers, and  
tye them up, and set them in  
your Cloffet.

You may Preserve white  
Rasberryes the same way;  
but be sure you use fine  
Sugar : and for to add  
to the Jelly, you may in-  
fuse some White Currans,  
and take the Juyce, and  
use it : But let your Fire  
be quick to these, that  
they do not change their  
Colour.

To

Preserving & Candyng. 45

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*To make clear Cakes of Red  
Currants or Rasber-  
ryes, to dry with a firm  
Ice upon them.*

**T**AKE Rasberryes or Cur-  
rans, and make a de-  
coction as I have before dire-  
cted in the Receipt to make  
Jelly of Currans : Then to a  
pound of Decoction take a  
pound and two ounces of dou-  
ble-refined Sugar , powder'd,  
and sifted thorow a fine Hair-  
sieve ; then put the Juyce in-  
to your Pan, and put the Su-  
gar to it, and set it on the Fire,  
keeping it stirring , to mix it  
all

46      **The True way of**  
all the time it is on the Fire,  
and let the Sugar be quite dissolved,  
and you perceive it is clear,  
but be sure let it not boyl :  
then scum it clean, and put it  
in clear Cake-Glasses ; and  
when it is cold, set it in the  
Stove, there being a very gentle  
Heat : And when the upper-most  
Side is Iced, then turn them out  
of the Glasses upon pieces of  
Window-glass, and set it in the  
Stove again : and when they are  
Iced with a firm Ice, turn them  
upon paper laid in a dry Sieve ;  
but you must turn them with  
Care, that the Iceing do not  
break : Then set them in the  
Stove to be Iced again on the  
other side ; for the first Icing  
will

**Preserving & Candyng.** 47  
will dissolve : And when they  
are firm, pack them up in a  
Box , with Papers between  
them, with Care. You must  
lay but Two Layings in a  
Box : They will keep a Year,  
if you give them fresh Papers  
sometimes.

If you please, you may put  
a few Seeds in *Raspberry*  
clear Cakes, which will  
make them seem the  
*brighter* : But the Seeds  
must be in, all the time  
they are making.

**Y**OU may make White  
Clear Cakes of *Currans*  
the same way : And also of  
*Pear-Plumbs*, *Pippins*, *Cod-*  
*lins*, or *Quinces*, if you make  
a strong

48    The True way of  
a strong Decoction of the  
Fruit, and use the same quan-  
tity of Sugar.

---

*To dry Cherryes to keep all  
the Year.*

**S**Tone the *Cherryes*, and  
take four pound of them;  
then boyl one pound and a  
quarter of Sugar, till it is  
Candy-high: then put in the  
*Cherryes*, and set them on the  
Fire, and let them boyl; but  
you must shake them often:  
and when the Sugar hath boyl-  
ed quite over them, and the  
Windyness is boyled out of  
them, scum them, and put  
them

**P**reserving & Candyng. 49  
them into an Earthen-Pan,  
and cover them with a Sheet  
of White Paper, and set them  
by till the Morrow: Then  
lay them upon a splintered  
sieve to drain; and when they  
are well drained, boyl one  
pound of Sugar, till it will  
rope very well: then put in  
the *Cherryes*, and set them  
on the Fire, and let them  
be scalding hot all over;  
but let them hardly boyl:  
Then take off the Scum, and  
put them into a dry Earthen-  
Pan, and cover them with a  
Paper, and set them in the  
Stove, in a warm Place, for  
a Day and a Night: Then  
drain them again upon a sieve,  
very clean from the Syrrup,  
D and

50    The True way of  
and lay them upon clean  
Sieves to dry, that have very  
narrow Holes ; but you must  
dust them with the Sugar-  
Bag, and set them in the  
Stove ; and when one side is  
dry, then turn the other ; and  
dust them also, and set them  
into the Stove again, till they  
are quite dry : Then pack  
them up in a Box, with Pa-  
pers betwixt each Laying.

You must mend them as  
you lay them out to dry ; and  
you must shift the Papers  
sometimes, when they are  
packed up.

*If*

## Preserving & Candying. 51

*If you would have Cherryes with  
Stones.*

**T**Ake one pound of Su-  
gar, and boyl it till it  
will rope very well ; then put  
in Two pound of *Cherryes* with  
Stalks and Stones, and boyl  
them till the Syrrup will draw  
ropy : then set them by, and  
on the Morow boyl the Syr-  
rup, and scum it ; and put  
the *Cherryes* in again , and let  
them boyl till the Syrrup will  
rope again : Then put them  
in an Earthen-Pan, and set  
them in the Stove all Night ;  
on the Morrow, drain them  
from the Syrrup, and cover  
them over with the *Cherryes*

D 2

with-

52    The True way of  
without Stones, and dry them  
as the others.

---

*To Preserve Currans White  
or Red.*

**T**Ake of the best and largest *Currans*, that are not too Ripe, and pick out the Stones; then to a pound of *Currans*, take a pound of Sugar, or something more, and boyl it till it will ball between your Fingers: Then put in the *Currans*, and set them on the Fire, shaking them often, and let the Sugar boyl over them, and cover them; but let your Fire be gentle: Then take  
them

*Preserbing & Candyng.* 53  
them off, and let them stand half an Hour; then set them on the Fire again, and boyl them till it will Jelly: Then put them in Pots or Glassses, and paper them, and set them in your Cloffet.

Put in Two or Three Spoonfuls of Juyce of *Currans*, as they are Preserving.

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*To dry Currans White or  
Red.*

**S**Tone the *Currans*, and tye them in Bunches, as big as you please; then to a pound of *Currans*, take a pound of Sugar, and boyl it till it will rope  
D 3                      very

54    The True way of  
very well, that it will almost  
roul between your Fingers :  
Then put your *Currans* into it,  
and set them on the Fire, and  
let the Syrrup boyl over  
them : then shake them,  
your Fire being quick : and  
let them not stand long on  
it, for then they will lose the  
Colour : Then take off the  
Scum, and cover them down  
with Paper, and set them by  
*Four* and *Twenty* Hours : Then  
lay them upon a splintered  
Sieve, with wide Holes , to  
drain : And boyl another  
pound of Sugar, till it will  
draw ropy : then having them  
packed in a narrow Pan, that  
the Sugar may cover them,  
pour it upon them, and set  
them

Preserving & Candyng. 55  
them on the Fire, and let  
them be ready to boyl : Then  
put them under the Sugar,  
and cover them with Paper,  
and set them in a warm Place  
in the Stove *Four* and *Twenty*  
Hours : then take them out,  
and let them be quite cold :  
then lay them on a Sieve, to  
drain clean from the Syrrup ;  
then lay them to dry on ano-  
ther dry Sieve, and set them  
in the Stove to dry, having  
shook the Dust-Bag lightly o-  
ver them first ; and when one  
side is dry, turn the other side :  
But you may turn them upon  
Papers, and dust them a little  
again ; and set them in the  
Stove, till they are quite dry :

D 4

Then



56    *The True Way of*  
Then pack them up in a Box,  
with Papers, and *keep* them in  
your *Closet*.

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### *To Preserve Apricocks.*

**T**AKE the largest, and best  
*Apricocks*, that are not  
too Ripe; first stone them,  
and pare them into fair Wa-  
ter; then weigh them: then  
have your Preserving-Pan ve-  
ry clean, and fair Water in it,  
into which put the *Apricocks*,  
and set them over a gentle  
Fire, and let them scald indif-  
ferent tender; then take them  
up, and put them into cold  
Water; then take the Weight  
of

*Preserving & Candyng.* 57  
of them in Sugar, clarify'd  
very clear, and boyl it till it  
will rope: then put in the  
*Apricocks*, they being first  
drained from the Water, and  
set them on the Fire, it being  
gentle. Let the Sugar enter  
them all alike, till you see  
them look clear, that the Su-  
gar is gone thorow them:  
Then scum them clean, and  
cover them down with Wri-  
ting Paper, and set them by  
till the Morrow: Then take  
a clean dry splintered Sieve,  
with wide Holes, and lay  
them a draining upon it for  
an Hour; then pack them in  
the Pan, and boyl the Syrrup  
till it will draw ropy: and  
put it to them, and set them  
on

58     *The True way of*  
on the Fire, and give them a  
good Heat till they boyl a  
little ; then take off the Scum,  
and cover them down with  
Writing-Paper, and set them  
by *Four* and *Twenty* Hours ;  
then drain them from the  
Syrrup, as before : and when  
they are well drained, then  
*pack* them in Pots or Glasses ;  
and take the Syrrup they  
were Preserved in , and one  
Third Part more of fresh cla-  
rify'd Sugar, to which put a  
fifth part of Water made very  
strong with Codlins ; for you  
can get no Pippins at this  
Time of the Year. Let this  
be boyled till it will Jelly ,  
and is come to a good *Thick-*  
*ness*, and put it to them, and  
cover

*Preserving & Candyng.* 59  
cover them very well with it.  
You must warm the Syrrup,  
and strain it thorow a Hair-  
Sieve before you boyl it. You  
must likewise wet Papers to  
cover them ; and tye them  
over also with dry ones ; and  
set them in your Cloffet.

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*If you would dry Apricocks.*

**A**fter they are Preserved,  
as in the Receipt be-  
fore-mentioned ; then drain  
them, and take as much fresh  
Sugar, as you do Syrrup ; and  
of both together , you must  
have enough to cover them :  
Let it be boyled, till it will  
draw

60      The True way of  
draw pretty well : Let the *Apricocks* be packed in a Preserving-Pan ; and when the Sugar and the Syrrup is boyled up to a Heighth, then put it to them ; then set them on the fire , and *shake* them to move them from the Bottom of the Pan : Let them have a thorow Heat, ready to boyl : Then take off what Scum riseth, and cover them close down with Papers, and set them in the Stove for a Day and a Night : Then take them out of the Stove, and let them be quite cold ; and then lay them draining upon a dry splintered Sieve, with wide Holes : and when they are well drained, then lay  
them

**Preserving & Candying.** 61  
them out upon Pewter, or  
Tinn-Plates, to dry, and dust  
them, and set them into the  
Stove; and when the upper-  
most side is dry, then turn  
them upon clean *Plates*; but  
be sure, your *Plates* be very dry  
and clean: Then dust them  
with the Sugar-Bag again,  
and set them in the Stove to  
dry; and when they are dry,  
then turn them upon dry  
White *Paper*, laid into dry  
Sieves; and dust them again,  
and set them into the Stove to  
be quite dry: Then pack  
them up in a Box, with pa-  
pers between each Laying.  
These will keep all the Year  
very well; only give them  
dry papers, if they shall need  
them.

*To make Apricock-Cakes,  
or Tour's Apricocks.*

**T**Ake of the Ripe *Apricocks*, and stone them, and pare them, and weigh them; and to a pound of *Apricock*, take half a pound of Sugar; boyl it till it will draw ropy: then put in the *Apricock*, and boyl them till they are all in a Mash, and that you have boyled out the frothy Windyness out of them, which you must carefully scum off clean: Then take half a pound good weight of Sugar, and boyl it till it will draw ropy,

*Preserving & Candyng.* 63  
ropy, and put it to the *Apricock*, and set them on the fire, and let them boyl, that the Sugar and the *Apricock* may be well mixed: Then set it in the Stove, and let it stand in a warm place *Four* and *Twenty* Hours; then take it out, and let it be quite cold; and then lay it out upon Plates to dry. You must use a Tinn frame, to make them round: let them be dusted, and set it into the Stove; and when one side is dry, turn them on fresh plates, and dust the other side, and put them in the Stove again; and when they are pretty dry, then turn them again upon plates: and so you may do *three* or *four* times, till they are dry; then pack them up. *To*

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*To dry Apricock-Chips.*

**T**AKE *Apricocks* that are not fully Ripe, and cut them in the Middle, and pare them; then cut them into Chips, and scald them; but not too much: then take their Weight in Sugar, and boyl it till it will draw ropy; then have the Chips drained from the Water, and put into the Sugar, and set it on the fire, and let them boyl till you see the Sugar hath fully entred them: Then take them off, and scum them clean, and paper them down, and set them  
by

preserving & Candyng. 65  
for *Four* and *Twenty* Hours: then drain them upon a Sieve from the Syrrup, and boyl it till it will draw ropy; then put them into it; and if there be not enough Sugar to contain them, then boyl a little fresh Sugar, and put to them; and set them on the Fire, and let them have a thorow Heat: then paper them, and set them in the Stove, in a warm Place, for a Day and Night; then drain them on a Sieve, and lay them upon Plates to dry. You must dust them with the Sugar-Bag, and set them in the Stove; and when they are dry, turn them on Papers, and dust them again, and set them in the Stove till quite dry. E To

*To dry Apricocks at once  
boyling*

**S**Tone the *Apricocks*, and pare them, and weigh them, and put them into fair Water as you do pare them; then take better than the Weight of them in fine Sugar, and clarify it, and boyl it till it will draw ropy: then put in the *Apricocks*, and boyl them till you see they are Preserved, and are clear: then scum them, and cover them with a Sheet of White Paper, to keep them under the Syrrup, and set them in the Stove for *Eight* and

*Preserving & Candyng.* 67  
and *Forty* Hours, where they may stand warm: then take them out, and let them stand till they are quite cold: then drain them upon a dry Sieve, and lay them upon Plates to dry; and turn them once in *Eight* Hours, and dust them with the Sugar-Bag every time, when they are dry enough: Then turn them upon Papers; and when they are quite dry, then pack them up with Papers between each Laying.

**Y**OU may put some of the *Apricocks*, when they are Preserv'd, in Glasses; and with the Sugar, and some Codlin-Water, you may make  
E 2            a Jelly

68    *The True way of*  
a Jelly for them ; but you  
must not put them in Glasses,  
till they have been in the  
Stove.

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*To make Gembals of Apricocks.*

**T**AKE *Apricocks* that are  
large, and not full  
Ripe, and pare them ; and  
with a neat pricked pointed  
Knife begin at the End where  
the Stalk did grow, and cut  
them round, from one End to  
the other, letting the Knife  
go in the manner of a Screw:  
When you have so done, then  
weigh them, and take their  
Weight

*Preserving & Candyng.* 69  
Weight in Sugar, and boyl it  
Candy-high, and put them  
into it, and boyl them till  
they are clear ; then cover  
them with Paper, and set  
them in the Stove for *Eight*  
and *Forty* Hours: then take  
them out, and let them be  
quite cold : then drain them  
upon a Sieve, and lay them  
upon Plates to dry. You may  
lay them in what Form or  
Manner you please : Let them  
be dusted with fine Sugar in  
the Bag, and set them in the  
Stove ; and when they are  
dry of one side, then turn  
them carefully upon Paper,  
in a dry Sieve, and dust them  
again, and set them in the  
Stove till they are dry : Then  
E 3                      pack

70    The True way of  
pack them into a Box, with  
dry Papers, and set them in a  
Cloffet.

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*To Preserve Green Mussel-  
Plumbs, and Date-  
Plumbs, and Peaskod-  
Plumbs; and to Dry  
them likewise.*

**T**Ake *Mussel-Plumbs*, when  
they are at their full  
growth; weigh them; but  
let them be Green, and prick  
them with a Pen-Knife, at  
the End where the Stalk  
groweth, in three places; as  
you prick them, put them in-  
to

*Preserving & Candyng.* 71  
to cold Water, then put them  
into fresh Water, and scald  
them; but take care you do  
not break them: And when  
they are pretty tender, and  
you suppose scalded to the  
Stone, then put them into  
cold Water, and take the  
Weight of them of Sugar, and  
clarifie it with more than a  
Quart of Water to a Pound  
of Sugar: Let the Syrrup be  
strained, and quite cold, then  
pack the *Plumbs* in the *Preser-  
ving-Pan*, and put it to them,  
and cover them with Paper,  
and set them by *Four* and  
*Twenty* Hours: then set them  
on a gentle Fire, and let them  
stand till they are scalding-  
hot, then cover them with



Paper, and set them by till the next Day: then set them on the Fire again, till they are ready to boyl: then set them by till the Morrow, then lay them a draining upon a Sieve, and boyl the Syrrup till it doth begin to draw ropy: Then they being packed in the Pan, put the Syrrup to them, and set them on the Fire, and let them be ready to boyl: then set them by a Day and a Night: then drain them out of the Syrrup upon Sieves again, and boyl the Syrrup till it will draw ropy; then put it to the *Plumbs* again, and give them a good Heat on the Fire: Then cover them with Paper, and set them

them by *Four* and *Twenty* Hours; by which time the *Plumbs* will be Preserved: Then you may either dry them, or put them in Pots. If you would put them in Pots or Glasses, you must make some new Jelly with Water made very strong, with boyling sliced Codlins in it, and a Pint of that, and a Pound of Loaf-Sugar, either Single or Double-refin'd, which yon please to bestow: You must boyl it to a Jelly, which you may know by setting some by in a Spoon: And when your *Plumbs* are packed in Pots or Glasses, fill them up with that, till they are well covered; and when

74    *The True way of*  
when they are cold, cover  
them with Papers wetted, and  
dried in a Napkin; they be-  
ing just as big as the Pots or  
Glasses: and let them be tyed  
over with other Papers, and  
set them in your Cloffet.

A N D for to Dry these  
*Plumbs*, you must lay them up-  
on Sieves, to drain clean  
from the Syrrup: then pack  
them in the Pan, and boyl as  
much Sugar as will cover  
them, till it will draw ropy;  
then put it upon them, and  
set them on the Fire, and let  
them be thorow Hot: Then  
cover them with Paper, and  
set them in the Stove *Forty*  
*Eight* Hours; then take them  
out, and let them be quite  
cold;

*Preserving & Candyng.* 75  
cold; then lay them a drain-  
ing upon a dry splintered  
Sieve; and when they are  
drained, lay them upon Plates,  
or a Sieve, to dry; and dust  
them with some fine Sugar in  
the Bag: and when one side  
is dry, turn the other upon  
Papers, and dust them, and  
set them in the Stove till they  
are quite dry: Then pack  
them up in a Box, with Pa-  
pers betwixt each Laying.

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*To Preserve and Dry Green  
Pear-Plumbs.*

P Ick out *Green Pear-Plumbs*,  
that are free from spots,  
and prick them once at the  
Head,

76    The True way of  
Head, and four times at the  
End, by the Stalk : as you  
prick them, put them into  
clean cold Water : Then  
weigh them, and scald them  
tender, and put them into  
cold Water ; then take the  
Weight of them in Sugar,  
and clarify it with a Quart  
of Water, to a pound of Su-  
gar, and let the Syrrup be  
cold : Then pack the *Plumbs*  
in a Preserving-pan, and put  
the Syrrup to them, and co-  
ver them with Paper, and set  
them by *Twenty Four* Hours :  
Then set them on a gentle  
Fire, and let them be scal-  
ding-hot ; then cover them,  
and set them by again for a  
Night and Day : then set  
them

Preserving & Candyng. 77  
them on the Fire again, and  
let them be scalding-hot a-  
gain : Then cover them, and  
set them by. *Twenty Four* Hours  
more : then drain them upon  
a splintered Sieve, and boyl  
the Syrrup till it begins to  
draw ropy : Then pack them  
in the Preserving-Pan, and  
put the Syrrup to them, and  
set them on the Fire, and let  
them begin to boyl : then set  
them by, covered with Paper,  
for *Twenty Four* Hours more :  
then lay them upon a Sieve,  
to drain from the Syrrup ; and  
take the Syrrup, & boyl it till  
it will draw ropy a little : if  
the Syrrup be tawny, you must  
put fresh Syrrup : Then they  
being packed in a pan, put the  
Syrrup

78    *The True way of*  
Syrrup to them, and set them  
on the Fire, and let them just  
boyl ; but let all places of the  
*Pan* be hot alike : Then cover  
them with Paper , and set  
them by *Eight and Forty Hours*:  
then drain them from the  
Syrrup , and by that time  
they will be preserved. After-  
terwards you may put them  
in Jelly, or Dry them as you  
do the *Mussel-Plumbs*.

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*To Preserve and Dry*  
*White Pear-Plumbs.*

**T**AKE *White Pear-Plumbs*,  
and prick them , and  
weigh them ; and to a pound  
of

*Preserving & Candying.* 79  
of *Plumbs*, take a pound of Su-  
gar clarified, and boyled till  
it is ready to draw ropy : then  
put in the *Plumbs*, and set them  
on a gentle Fire, till they be-  
gin to split ; then take them  
off, and set them by an Hour :  
Then *turn* every one of them  
with the *point* of a Pen-knife ;  
then set them on the *Fire* again  
till they are scalding-hot :  
Then set them by, covering  
of them with White Paper,  
and let them stand till the  
Morrow; and be sure let them  
be covered with the Syrrup ;  
then drain them upon a Sieve,  
and boyl the Syrrup till it will  
draw ropy ; and put them in  
again, and set them on the  
fire, and let them boyl a little  
very

80    The True way of  
very gently ; then scum them,  
and cover them with Paper,  
and set them by Six Hours :  
then set them on the fire a-  
gain, and let them just boyl :  
then scum them, and cover  
them with Paper, and set  
them by all Night : Then lay  
them upon Sieves to drain ;  
and take a-fresh their weight  
in Sugar, and boyl it till it  
will draw ropy : Then put  
the *Plumbs* into it, and set  
them on the Fire, and let them  
boyl gently ; but have a care  
you do not break them : Then  
take off the Scum, cover them  
with Paper, and set them by  
*Four* and *Twenty* Hours ; then  
lay them upon Sieves to drain,  
and boyl the Syrrup again till  
it

Preserving & Candyng. 81  
it will draw ropy ; and put in  
the *Plumbs*, and set them on  
the Fire, and let them just  
boyl ; then cover them, and  
set them by till the next Day :  
Then lay them upon a Sieve  
to drain ; and when they are  
drained clear from the Syrrup,  
pack them in Pots or  
Glasse, and boyl the Syrrup  
till it is a good Jelly, which  
you may know by setting a  
little in a Spoon ; and when  
it is a good Jelly, put it to  
them, and be sure it doth co-  
ver them : If you find the  
Jelly is too high coloured,  
you may take some small *Pear-*  
*Plumbs*, and cut them in pie-  
ces, and put them in a Pre-  
serving-Pan ; and to Two  
F                      Pound

82    The True way of  
Pound of *Plumbs*, put Three  
Pints of fair Water ; boyl  
them till you have mashed  
them, then put them in the  
Bag, and strain out the Li-  
quor from them, and let it  
stand and settle : Then to a  
pint of it, take a pound of  
Double-refined Loaf-Sugar,  
and put them together, and  
boyl it to a Jelly ; then put  
it to your *Plumbs*, and when  
they are quite cold, paper  
them up, and set them in your  
Cloffet ; but not near Heat.

**I**F you would dry *White Pear-*  
*Plumbs*, then take as much  
fine Sugar that is clarify'd, as  
will contain them, and boyl it  
till it will draw ropy ; and  
when

Preserving & Candying. 83  
when the *Plumbs* are Prefer-  
ved, and fit to put up in Pots,  
put them into this Sugar, and  
set them on the Fire, and let  
them be thorow hot ; then co-  
ver them with a Sheet of  
White Paper, and set them in  
the Stove *Forty Eight* Hours,  
in a warm place : Then take  
them out, and let them be  
quite cold ; then lay them up-  
on Plates to dry, dusting  
them with Double-refin'd Su-  
gar, in a Bag made of fine Lin-  
nen ; and when one side is  
dry, then turn them into a  
dry Sieve upon Paper, and  
dust them again, and set them  
in the Stove till they are  
quite dry : Then pack them  
into a dry Box, with dry  
F 2      Papers,

84    *The True way of*  
Papers, and set them in your  
Closet.

---

*To make Confarve of Red  
Roses.*

**T**AKE *Red-Rose-Buds*, and  
pick them, and cut off  
the White Part from the Red,  
and put the Red-Flowers in  
a Sieve, and sift out the Seeds;  
then weigh them, and to a  
pound of the *Flowers*, take  
Two pound and an half of  
Loaf-Sugar, beat the *Flowers*  
pretty fine: then by degrees  
put the Sugar to them, and  
beat it very well, till it be  
well incorporated together:  
then

*Preserving & Candying.* 85  
then put it in Gally-Pots, and  
cover it with a dry Paper,  
and tye it over with a double  
Paper; and it will be good  
*Four or Five Years.*

---

*For Preserving and Drying  
the Plumb called the Yel-  
low-Amber-Plumb, or  
the White Margaret-  
Plumb.*

**T**AKE them, and weigh  
them, and take the  
Weight of them in Sugar,  
and clarifie it, and boyl it till  
it doth draw ropy; then put  
them into it, and set them on

F 3

the

86    The True way of  
the Fire, and let them juſt  
ſplit ; then take them off, and  
turn them, and ſet them on a-  
gain, and let them be juſt rea-  
dy to boyl ; then cover them  
with White-Paper, and ſet  
them by *Four* and *Twenty*  
Hours : Then lay them up-  
on Sieves to drain, and take  
the Syrrup, and boyl it till it  
will draw ropy ; and pack the  
*Plumbs* in the Pan, and put it  
to them, and ſet them on the  
Fire, and let them almoſt  
boyl : Then take off the  
Scum, and ſet them by *Four*  
and *Twenty* Hours, covering  
them with White Paper :  
then drain them on a Sieve,  
and add to the Syrrup a quar-  
ter of a pound of Sugar, for  
each

preſerving & Candyng. 87  
each pound of *Plumbs* ; and  
boyl up the Syrrup and Su-  
gar, till it will draw ropy ;  
then put it to the *Plumbs*, and  
ſet them on the fire, and let  
them boyl a little very gent-  
ly : Then take off the Scum,  
and cover them with Paper,  
and ſet them by till the next  
Day ; then drain them upon  
a Sieve ; and when they are  
drained clean from the Syr-  
rup, pack them in Pots or  
Glaſſes, and ſtrain the Syrrup  
thorow a Hair-ſieve, and boyl  
it to a Jelly, and put it to  
them, and let the Jelly cover  
the *Plumbs* ; and when they are  
cold, then paper them with  
wetted Papers, and tye them

F 4

over



88    *The True way of*  
over with dry Papers, and set  
them in your Cloffet.

**T**O Dry these *Plumbs*, you  
must boyl a new Sugar,  
and put them in, as you do for  
*White Pear-Plumbs*.

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*To Preserve and Dry Black  
Pear-Plumbs.*

**T**Ake the largest *Black-  
Pear-Plumbs*, and weigh  
them ; and take the full  
weight of them in Sugar, boyl  
it till it doth draw ropy ; then  
put in the *Plumbs*, and set  
them on the Fire till they be-  
gin to split : then take them

off,

*Preserving & Candyng.* 89  
off, and set them by an Hour ;  
then turn them with the  
Point of a Pen-Knife, and set  
them on the fire again, till  
they are ready to boyl ; then  
take them off, and cover them  
with papers, and set them by  
*Four and Twenty* Hours ; then  
lay them on a splintered Sieve  
to drain ; Then take the Syr-  
rup, and boyl it till it will  
draw ropy ; and have the  
*Plumbs* packed in the Pan, and  
put it upon them, and set  
them on the fire, and let them  
boyl a little, the fire being  
gentle : Then scum them, and  
cover them, and set them by  
till the next Day ; then lay  
them upon a Sieve to drain,  
and boyl the Syrrup till it will  
draw

90      **The True way of**  
draw ropy, and put to them as  
before ; and set them on the  
fire, and let them just boyl :  
then set them by Six Hours ;  
then heat them again, till they  
are ready to boyl , then set  
them by all Night ; then drain  
them on a Sieve again , and  
boyl the Syrrup to them as  
before, and set them on the  
fire again, till they begin to  
boyl : Add what Sugar you  
see wanting : Then cover  
them with Papers, and set  
them into the warm Stove ,  
and let them stand *Four and*  
*Twenty* Hours ; then take them  
out, and let them be cold, and  
pack them in Pots or Glasses,  
and boyl the Syrrup till it is a  
good Jelly ; then put it to  
them,

**Preserving a Candyng.** 91  
them, and let it cover them ;  
and when they are cold, pa-  
per them with wetted papers,  
and tye them over with dry  
papers, and set them into a  
dry Cloffet. You must take  
care to strain the Syrrup tho-  
row a Hair-Sieve, before you  
boyl it to a Jelly , for those  
you put in Pots or Glasses.  
And for those to dry , you  
must boyl as much Sugar till  
it will rope, as will handsom-  
ly receive them , that they  
may swim in it ; that when  
you cover them with papers,  
they may lye all under Sugar ;  
and when your Sugar is boy-  
led, and put to them, set them  
on the Fire, and let them be  
thorow hot all over : then co-  
ver

92    *The True way of*  
ver them down with papers,  
and set them into a warm  
Stove for *Forty Eight* Hours:  
Then take them out, and let  
them be quite cold, and drain  
them clean from the Syrrup  
on a Sieve, and lay them on  
Boards or Sieves to dry , but  
not on Plates; for that will  
alter the Colour of them.  
You must dust them, and turn  
them, and dry them as you do  
other *Plumbs*.

*For*

*Preserving & Candyng.* 93

*For drying of Black Pear-  
Plumbs, with a little Su-  
gar, that they may Eat  
very sharp.*

**T**Ake your *Plumbs* , and  
stone them, and weigh  
them ; and to a pound of  
*Plumbs* take half a pound of  
Sugar , and boyl it Candy-  
high ; then put in the *Plumbs*,  
and set them on a very gentle  
fire, and let the Sugar by de-  
grees boyl over them. You  
must often shake them, that  
they may enter all alike. Then  
cover them with paper, and  
set them into a warm Stove  
*Eight*

94    *The True way of*  
*Eight and Forty Hours* : Then  
drain them from the Syrrup,  
and put a quarter of a pound  
of Sugar to each pound of  
*Plumbs* more, together with  
the Syrrup ; boyl it till it will  
draw ropy : Then put in the  
*Plumbs*, and set them on the  
fire, and let them boyl a little  
gently, just that they may be  
all hot thorow : Then set  
them in the Stove again; co-  
vered with papers , and let  
them stand *Eight and Forty*  
*Hours* more : Then take  
them out, and lay them a  
draining on a Sieve : then lay  
them out on Sieves to dry,  
and as you lay them out,  
mend those that are broke.  
When they are dry , wet a  
Cloth

*Preserving & Candyng.* 95  
Cloth with clean hot Water,  
and wipe off the Clammyness,  
and put them in dry Sieves,  
and set them in the Stove a-  
gain, till they are dry ; then  
pack them up in dry Boxes.

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*To Preserve and dry Dam-*  
*sons.*

**T**Ake of the largest, and  
best *Damsons* you can  
get, and weigh them ; and  
take the full weight of them  
in Sugar, and boyl it Candy-  
high ; then put in the *Dam-*  
*sons*, and set them on the fire  
till they begin to split : Then  
set them by *Two Hours* ;  
Then

96    The True way of  
Then *turn* them, and set them  
on the fire, and let them boyl  
a little very gently : Then co-  
ver them with Papers, and set  
them by till the next Day :  
Then set them on the Fire a-  
gain, and let them boyl a lit-  
tle very softly : Then cover  
them, and set them by till the  
Morrow : then lay them up-  
on a Sieve to drain from the  
Syrrup, and boyl the Syrrup  
till it will draw ropy : Then  
put it to the *Damsons*, and set  
them on the Fire, and let  
them boyl ; then cover them  
with Paper, and set them by  
till the Morrow : Then drain  
them from the Syrrup clean  
upon a Sieve, and pack them  
in Pots or Glassees, and boyl  
the

Preserving & Candyng. 97  
the Syrrup to a Jelly, and put  
to them ; but keep some of it  
till it is almost cold : Then  
put it on them, and cover  
them.

ANd for to Dry them, take  
them when they are Pre-  
served and Drained, and rea-  
dy to put into Pots ; and pack  
them in a Pan, and boyl as  
much Sugar as will just cover  
them, till it will draw ropy,  
and put it to them, and let  
them have a thorow Heat on  
the Fire ; and then cover  
them, and set them into the  
Stove for *Four* and *Twenty*  
Hours, in a hot place : Then  
take them out, and let them  
be cold, and lay *them* upon  
G                      Boards

98      The True way of  
Boards to dry, they being  
drained from the Syrrup. Let  
them be dusted with some Su-  
gar in the Bag, and dried as  
you do other *Plumbs*; and  
when they are dry, pack them  
into Boxes, with dry Papers  
between each Laying; and  
set them in your Cloffet.

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### *To Preserve Barberries.*

**T**Ake the best and largest  
*Barberries* you can get,  
and stone them; and to a  
pound of *Barberries* take three  
pound of Sugar, and clarify  
it, and boyl it till it is Candy-  
high; Then put in the *Bar-  
berries*

*Preserving & Candying.* 99  
*berries*, and set them on the  
Fire, and let them boyl till  
the Sugar just boyleth over  
them all; then take them off,  
and take off the Scum, and  
put them into an Earthen-  
Pan, and cover them with Pa-  
per, and set them by till the  
next Day: Then put them in  
Pots, and put the Syrrup up-  
on them to cover them: Tye  
them up with Papers, and al-  
so lay pieces of Paper cut  
round upon them, to keep  
them under the Syrrup: Set  
them in your Cloffet.

G 2

To

### *To make Conserve of Barberries.*

**T**Ake *Barberries*, and strip them, and put *them* into a large Pot, or a Pitcher, that you may tie *them* down close: Then set them into a *Kettle* of boiling Water five Hours; then take them, and strain them very hard thorow a strong Napkin or Towel; and to a pound of the Liquor, take a pound and a quarter of Sugar, boyl it Candy-high, and put in the Liquor, and boyl it till it is come to a good body; which you may try,  
by

*Preserving & Candyng.* 101  
by setting a little by in a Spoon to cool: When it is enough, then put it in Pots, and lay Papers upon it, and tie it over with dry Papers, and set in your Clofset.

### *To dry Pears with Sugar, to keep all the Year.*

**T**Ake *Poppering-Pears*, and thrust a picked Stick in at the Head of *them*, till it goeth beyond the Core: Then scald *them*, but not too tender; then pare them the long way into Water, and take the weight of them in Sugar clarified, with a Pint and an  
G 3 half

102    *The True Way of*  
half of water to a pound of  
Sugar ; strain the Syrrup  
clear, and put in the *Pears* :  
Set them on the fire, and boyl  
them pretty handsomly for  
half an Hour : then cover  
them with Papers, and set  
them by till the Morrow ;  
then boyl *them* again, and set  
them by till the next day ; and  
then take *them* out of the Syr-  
rup, and boyl it till it will  
draw ropy ; and pack them in  
a Pan, and put it to them ;  
and if it will not cover them,  
then add some Sugar. Set  
them on the Fire, and let  
them boyl all over : then co-  
ver them with Paper, and set  
them in the Stove *Four* and  
*Twenty* Hours ; and then take  
them

*Preserving & Candyng.* 103  
them out, and let them be  
cold : Then lay them upon a  
Sieve to drain ; then lay them  
on Plates, and dust them with  
some fine Sugar, and set them  
into the Stove to dry ; and  
when one side is dry, then  
turn them upon Papers in a  
Sieve, and dust the other side,  
and set them into the Stove  
again, till they are quite dry :  
Then pack them up with Pa-  
pers between each Laying,  
and keep them in a Coflet.

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*To Preserve and Dry Pea-  
ches or Necktrines.*

**T**AKE *Peaches* that are  
*White*, and not those  
G 4                    that



104 The True way of  
that are *Red* at the Stone, and  
cut them in the Middle, and  
take out the Stone, and pare  
them, and weigh them, and  
scald them; and to a pound  
of them, take three quarters  
of a pound of Sugar, and cla-  
rify it with a pint and an half  
of Water, and strain it, and  
let it be cold: Then put in  
the *Peaches* or *Necktrines*, and  
set them on a gentle Fire, till  
they are tender: Then *scum*  
them, and cover them with  
Paper, and set them by: On  
the Morrow, set them on the  
Fire again, and let them just  
boyl; and cover them with  
Paper again, and set them by  
till the next Day: Then lay  
them to drain from the Syr-  
rup,

Preserving & Candyng. 105  
rup, and take the Syrrup, and  
boyl it till it begins to draw  
ropy: Then pack them in a  
Preserving-Pan, and put the  
Syrrup to them, and set them  
on the Fire, and boyl them a  
little; then *scum* them, and  
set them by; and if they want  
Sugar, you must add a little  
more before you boyl the Syr-  
rup: Then let them stand till  
the morrow; and then lay  
them upon a Sieve to drain;  
and those that you will put  
into Pots or Glasse, you  
may: And to make the Syr-  
rup Jelly, you must put some  
*Pippin-Water* to the Syrrup,  
and boyl it to a Jelly; and put  
it to them, and cover them  
with it: And those that you  
will

will dry, you must take half of their Syrrup, and the other half fresh Sugar, and boyl it together till it will draw ro-  
py ; and pack them in a Pan, and put it to them ; and set them on the Fire till they are ready to boyl ; then set them into a hot Stove *Twenty Four* Hours : Then take them out, and let them be quite cold ; and then lay them upon a Sieve to drain : Then lay them upon Plates to dry, and dust *them* a little, and set *them* into the Stove ; and when one side is dry, turn *them*, and dust the other side, and set *them* into the Stove till they are quite dry. Then pack them up with Papers, &c.

To

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*To Preserve White Quinces, Whole or in Quarters.*

**T**Ake smooth and hand-  
*some Quinces*, and scald *them* till they are tender to the Core. You must lay a Pewter-Dish upon *them*, to keep *them* under the Water. When they are scalded, then take *them* up, and set them by till they are cold. Then those that you will Preserve Whole, you must take out their Cores with a picked Knife, and pare them : And for those that you will do in Quarters, quarter *them*,

108    The True way of  
*them*, and pare *them*, and weigh  
*them* ; and to a pound of  
Quince, take a pound and a  
quarter of fine Sugar, cla-  
rify it, and boyl it till it will  
draw ropy very well : Then  
put in the *Quinces*, and set  
*them* on the Fire, and boyl  
*them*, shaking of *them* some-  
times, and *scumming* of *them* :  
And when the Syrrup begins  
to Jelly, take *them* off, and let  
*them* stand open an Hour ;  
then set *them* on the fire again,  
and let *them* boyl till the Syr-  
rup will Jelly very well: Then  
take *them* off, and shake *them*,  
and *scum* *them*, and set *them* by  
till the next Day : Then take  
the *Quinces* from the Syrrup,  
and pack *them* in Glasses or  
Pots,

Preserving & Candyng. 109  
Pots, and warm the Syrrup,  
and strain it thorow a Hair-  
Sieve, and boyl it to a Jelly,  
and put to the *Quinces*, and co-  
ver *them* with it ; and when  
they are cold, cut some Pa-  
pers round, fit for the Glasses,  
and wet *them* in fair Water,  
and dry *them* in a Napkin,  
and lay *them* upon the Jelly,  
and cover *them* with dry Pa-  
pers, and tye them with Pack-  
thred, and set them in your  
Closset.

IF the Jelly to the *White Quin-*  
*ces* should not be strong e-  
nough, you may cut some  
small *Quinces*, and boyl them  
in some Water, and make it  
strong of the *Quinces*, and put  
some

110     The True way of  
some to the Jelly, and boyl it  
up, and put it to the *Quinces*,  
and be sure, to cover them  
with it.

---

*To Preserve Red Quinces  
Whole or in Quarters.*

**S** Cald the *Quinces* tender,  
and core those that you  
will do Whole, and pare them;  
and quarter, and pare those  
that you will do in Quarters;  
and weigh them, and the  
whole Ones together; and  
take a pound and a quarter  
of Sugar, to a pound of *Quince*;  
clarify the Sugar with a pint  
and half of Water to a pound  
of

*Preserving & Candyng.* 111  
of Sugar, and put in the *Quin-*  
*ces* into the thin Syrrup; and  
set them on the Fire, and co-  
ver them with an Earthen-  
Dish very close: Let the Fire  
be very gentle, that they may  
only stew, and hardly boyl;  
for they must stand upon the  
Fire till they are turned Red,  
and of a good Colour; which  
will take up about four  
Hours: But you must be go-  
verned by the Goodness of  
the Colour, and take care  
that the Syrrup do not grow  
thick too fast, and that the  
*Quinces* do not burn: And  
when you see the *Quinces* are  
of a good Colour, let the Syr-  
rup boyl thick with them in  
it: Then take them off, and  
put

112    The True way of  
put the *Quinces* in Glasses or  
Pots, and strain the Syrrup,  
and boyl it, and put it to  
them, and cover them with it,  
When you Preserve the *Quin-*  
*ces*, you may put in some  
*Quince-Cores*, which will help  
to make the Jelly the better,  
and the Colour likewise. You  
must paper these, and all  
things that are done in Jelly,  
with wetted Papers, dried  
a little in a clean Napkin;  
and tye them over with dry  
Paper, and set them in your  
Closet; but near no Heat.

To

Preserving & Candyng. 113

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To make White Marma-  
lad of Quinces, *accor-*  
*ding to the Portugal-*  
*Fashion.*

**S** Cald the *Quinces*, and pare  
them, and cut the Pulp  
clean from the Core, and beat  
it in a Mortar, and force it  
through a Cullendar, and  
weigh it; and to one pound  
of Pulp take a pound of fine  
Sugar; clarify it, if it be  
powder Sugar; but if it be  
Loaf-Sugar, you need only to  
put a little Water to it, that  
you may dissolve it, to boyl it  
till it is Candy-high: Then  
H put

114 The True way of  
put in the *Quince*-Pulp, and  
set it on the Fire, and boyl it  
till it cometh from the bottom  
of the Pan: But if you can-  
not understand that, then lay  
a little of it on a Plate, to see  
if it be come to a Body; and  
when you perceive it is, then  
put it into Boxes, or Pots, or  
Glasse; and when it is cold,  
put Papers over it, or cover  
the Boxes.

To

preserving & Candyng. 115

To make White Marmalad of *Quinces* Jellyed,  
and with whole Lumps  
in it.

Scald the *Quinces*, and pare  
them, and slice them in-  
to thin Slices: Then take a  
pound of fine Loaf-Sugar, and  
wet it with Decoction of *Quin-  
ces*, which is Water made  
strong by cutting some *Quin-  
ces* to pieces, and boyling in  
it: Put half a Pint of This to  
a Pound of Sugar, and put a  
pound and a quarter of Sugar  
to a pound of the *Quince*-Pulp,  
but boyl the Sugar first, till it  
H 2 will

116 The True way of  
will draw ropy very well;  
and then put in the *Quince*,  
and boyl it till it will Jelly:  
Then put it into Glasses, or  
flat Pots.

---

To make White Quince-  
Paste.

**S**Cald the *Quinces* tender to  
the Core, and pare them,  
and scrape the Pulp clean  
from the Core, and beat it in  
a Mortar, and force it thorow  
a Cullendar: Then take to a  
pound of the *Quince* a pound  
and four Ounces of Sugar,  
and boyl it till it is Candy-  
high: Then put in the *Quince*,  
and

preserving & Candyng. 117  
and stir it about continually,  
till you see it come clear from  
the bottom of the Pan: Then  
take it off, and lay it out up-  
on Plates with Tin-frames  
when it is cold: And if you  
spread some thin upon Plates,  
you may cut it into *Quince*-  
Chips. This *Paste* must be  
dusted, when you put it into  
the Stove: and when you  
turn it upon Paper, which  
must be into a Sieve, when it  
is dry, you may pack it up in  
a dry Box, and put Papers be-  
tween each Laying. You must  
look to it sometimes; and  
when it wants dry Papers,  
then shift it.

H 3

You

**Y**OU may make *Red Quince-Paste* the very same way that you do *White*; only you must colour it *Red*, with some *Cutchenele Colouring*; which I directed to be made at the Beginning of the Book.

If you lay some *Red Paste* thin upon Plates to dry, for to cut in Chips, they will mix with the *White*.

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*To make Red Quince-Marmalad.*

**S**Cald the *Quinces*; and pare them, and cut the Pulp clean from the Cores: Then take

take a pound of Sugar good weight, to a pound of *Quince*; clarify the Pound of Sugar with a pint of Water; strain it clean, and put in the *Quince*, and cover it very close, and set it on a Fire that is very slow, that it may be of a good *Red Colour*, before it is boyled too thick; and when you see it is come to be of a good Colour, then boyl it till it is come to a good Body; and keep it stirring, that you do not burn it: When it is enough, which you may know by putting of a little upon a Plate to cool: Then put it up in Pots or Glasses.



*To make Ordinary Rasberry-Cakes, with Seeds in them.*

**T**AKE *Rasberryes* clean picked, and put them into a Preserving-Pan, and set them on the Fire, and dry away the Juyce, till the Pulp is grown thick: Keep them stirring all the time they are drying; and when the Pulp is thick, then weigh it; and to a pound of Pulp, put a pound and three Ounces of Double-Refined Sugar, or (if you please) Single-Refined. Let the Sugar be beaten, and  
ferced

ferced as fine as Flower: Then put them together, and set them on the Fire, and stir them together; and let it stand on the Fire till it is well mixed, and is ready to boyl: Then take it off, and pour it into an Earthen-Pan, and let it stand till it is cold: then lay it out upon Wainscot-Boards that are very dry and clean. You need not dust this *Paste*. You must use *Tinn-Rings*, to lay it out with. Let the Fire be moderate, whilst this *Paste* is in the Stove. When it is dry, pack it up with Papers between each Laying, in a dry Box.

*To*

### To Dry English-Figgs.

**T**Ake *Figgs* that are Ripe, and pare them, and weigh them; and to a pound of *Figgs*, take a Pound of Sugar clarified with a Pint and an half of Water; scum it clean, and put in the *Figgs*, and set them on a gentle Fire; and when you think they are thorow scalded, then take them off, and cover them with a piece of White Paper, and set them by till the next day: then set them on the fire again, till they are ready to boyl; then set them by till the next day: Then take them out of the Syrrup, and boyl it till it will rope;

rope; then put them into it again, and set them on the Fire, and let them boyl gently half an Hour: Then scum them, and set them by till the Morrow: then drain them from the Syrrup, and add half a pound of Sugar to each pound of *Figgs*: put the Sugar, and the Syrrup together, and boyl it till it will rope: Then put in the *Figgs*, and let them have a good Heat on the fire, till they are ready to boyl: Then cover them down with Paper, and set them in the Stove *Three* Dayes; then lay them out upon Pewter-Plates to dry, and dust them with a little fine Sugar. You must turn them *Three* or *Four* times,

124     *The True way of*  
times, before they must be  
turned upon Paper.

It is the best way to Pre-  
serve them in a Pewter-  
Bason.

---

*To Dry Pears or Pippins,  
without Sugar.*

**T**Ake them, and wipe  
them clean; and take  
a Bodkin, and run it in at the  
Head, and out by the Stalk,  
and put them in a flat Ear-  
then-Pot, and bake them, but  
not too much. You must tye  
white Paper over the Pot  
double, that they may not  
scorch.

*Preserving & Candyng.* 125  
scorch. And when they are  
baked, let them be cold:  
Then drain them from the Li-  
quor, and lay them upon  
Sieves with wide Holes; and  
dry them in a hot Stove, or  
an Oven.

---

*To make Rocks of Cyttron,  
and Orenge, and Lem-  
mon, and Angelica.*

**T**Ake of the Greenest  
tender Cyttron, and of the  
Preserved *Angelica*, and *Orenge*,  
and *Lemmon*; peel an equal  
Quantity; and cut them in  
small long pieces, and boyl as  
much Sugar, as will receive  
the Quantity that you do, till  
it

126    *The True way of*  
it will rope : Then put in the  
before-mentioned Particulars;  
and boyl all together, till it  
will Candy : Then lay it  
out in Rocks upon Writing  
Paper ; and when it is cold,  
it will be dry to pack up.

---

*To Candy Flowers of Ro-  
ses, Violets, Cowslips,  
Burrage, or any other  
Flower.*

**T**Ake the *Flowers* , and  
pick them from the  
White part : then take fine  
Sugar, and boyl it Candy-  
high,

*Preserbing & Candying.* 127  
high, as much as will receive  
the quantity of *Flowers* that  
you will do : Then put in the  
*Flowers*, and stir them about  
till you perceive the Sugar to  
Candy very well : then take  
them off from the Fire, and  
keep them stirring till they  
are cold in the Pan that you  
Candy them in, and that the  
Sugar looks as if it was sifted  
upon them : Then sift the  
Loose Sugar from them , and  
keep them dry.

---

*To make Marchpain.*

**T**Ake a pound of Sweet  
Almonds, and blanch  
them,

them, and wash them, and dry them in a clean Cloath, put them in the Mortar: Then take Three quarters of a pound of fine Sugar, and put to them, and beat them together, and sprinkle in a few Drops of Rose-Water; beat it till you see it is a very good Paste: Then roul it out as thin as you think convenient, and make the Marchpains into what shape you please. You may have a little fine Sugar beaten, and serced, to strow under it as you roul it out, to keep it from sticking.

And to Ice them, beat double-Refined Sugar, and serce it as fine as Flower, and wet it with Rose-Water, and stir  
it

it well together; make it so thin, that you may spread it thin over them with a Brush, or a Bunch of strong Feathers: Then bake them in an Oven that is not too hot. You must put them upon water-Paper, and paper under it.

You may strow some Bisket-Comfits upon them, or what other Comfits you please; or you may stick large Comfits on them, when they are hot.

I

To

## To dry Green Jenneting-Apples.

**T**Ake them, and with a little picked Stick, prick them in at the Head quite thorow the Core, and put them into clean Water; then take some fair Water in your Preserving-Pan, and put them into it, and lay a Pewter-plate upon them, to keep them under the Water, and set them upon a very gentle Fire, and scald them pretty tender; then put them into clean cold Water; and when they are cold, that you can handle

Preserving & Candyng. 131  
handle them, then peel them into another cold Water: Then take the weight of them in Sugar, and clarify it with a quart of Water to each pound of Sugar; strain it, and let it be quite cold: Then put in the *Jennetings*, and let them stand *Four* and *Twenty* Hours covered with a Paper; then take off the Paper, and set them on a gentle Fire; and let them boyl: Then cover them, and set them by till the next day; then set them on the Fire, and heat them as before: And when they have stood a Night after they have been heated, then drain them out of the Syrrup, and strain it, and  
I 2 boyl

132 The True Way of  
boyl it till it begins to be  
thick, but not to draw : Then  
put them into it again, and  
heat them a little in it ; but  
let them not boyl : Then co-  
ver them, and set them by  
Two dayes ; then take the  
Syrrup, and boyl it till it will  
draw ropy ; and if there be  
not Syrrup enough to cover  
them, then add to it some  
Sugar : And when it will  
draw , put in the *Jennetings* ,  
and let them have a little heat  
on the Fire : Then set them  
by, for they are Preserved e-  
nough : And when they have  
stood *Four* and *Twenty* Hours,  
then drain them out of the  
Syrrup, and have a fresh Su-  
gar clarify'd , and take as  
much

Preserving & Candring. 133  
much as will cover them, and  
boyl it till it will draw ropy,  
and put them into it, and co-  
ver them with a Paper , and  
set them into the Stove , in a  
warm Place *Eight* and *Forty*  
Hours : then take them out  
of the Stove, and let them  
stand till they are cold : then  
drain them clean from the  
Syrrup upon a dry splintered  
Sieve ; and when they are  
drained, lay them upon Plates  
to dry, and dust them a little,  
and dry them in the Stove ;  
and when dry, pack them up  
in a dry Box, with dry Papers.  
Keep them in a Cloffet , not  
near any Fire.

## To Preserve and Dry Grapes.

**T**Ake of the best *White Grapes* before they are too Ripe, and pick out the Stones, and weigh them; and as you stone them, put them into a good *quantity* of fair *water*; and when they are all stoned, put them into a good quantity of cold Water, and set them on a moderate Fire till they are scalding hot; but let them not boyl: Then take them off, and put them into cold Water; then take the *weight* of them in Sugar, as  
fine

Preserving & Candyng. 135  
fine as you please, and clarify it with a quart of Water to a pound of Sugar, and let it stand till it is cold: then pack your *Grapes* handsomly in your Preserving-Pan, and put the Syrrup to them, and cover them close with Paper, and set them by *Four* and *Twenty* Hours: Then set them on a very gentle Fire, and let them be scalding-hot; then cover them with Paper, and set them by *Twenty Four* Hours more: then drain out the *Grapes*, and boyl the Syrrup till it is almost ready to draw out ro-  
ping: then pack the *Grapes* in a Pan, and put the Syrrup to them, and set them on the Fire, till they almost boyl:



136 *The True way of*  
then cover them, and set them  
by ; for they will be Preser-  
ved enough ; and let them  
stand *Twenty Four* Hours in the  
Syrrup : And you may put  
some of them into Pots or  
Glasses, and make a Jelly, and  
put to them. You may make  
your Jelly of strong Pippin-  
Water , and Double-refined  
Sugar, as formerly directed.

**A**ND for those that you  
will Dry, you must have  
some Sugar clarified ; and  
boyl it till it will draw ropy :  
Having your *Grapes* packed in  
a Pan , pour it upon them,  
till they have enough to co-  
ver them : Then set them on  
the Fire, and let them be tho-  
row

*Preserving & Candyng.* 137  
row hot : then cover them  
with Papers , and put them  
in the hot Stove for *Twenty-  
Four* Hours : then take them  
out, and let them be quite  
cold : then drain them upon a  
dry Sieve from the Syrrup,  
and lay them upon dry Sieves,  
and dust them, and set them  
in the Stove, and dry them.

---

*To make Bisket to be Ba-  
ked in Tinn-Frames.*

**T**AKE Six Eggs, and Two  
spoonfuls of Rose-Wa-  
ter, and beat the Eggs , and  
Rose-Water together, with a  
new White Whisk , or (as  
some



140    **The True way of**  
till it is well mixed ; then  
put in as much Flower as will  
make it thick enough to lay  
out in Drops upon Sheets of  
White Paper, and stir it toge-  
ther till the Flower is just  
mixed : then drop it out up-  
on White Paper, and beat a  
little Loaf-Sugar, and put in-  
to a little Lawn-Sieve, and  
sift a little upon them, and  
bake them in an Oven that  
is not too hot : As soon as  
they are baked, whil'st they  
are hot, pull them off from  
the Papers, and put them in  
a Sieve, and set them into the  
Oven : when it is almost cool,  
and when they are dry, then  
pack them up for Use.

To

*To make Almonds Puffs.*

**T**ake half a pound of  
*Sweet Almonds*, & blanch  
them, and beat them very fine  
with three or four spoonfuls  
of Rose-water : then take of  
the finest Gum-Dragon al-  
most half an ounce, steeped in  
Rose-water three or four days  
before, and put to the Al-  
monds, and beat it together :  
then take as much  
Double - refined    *Put a little*  
Loaf-Sugar, bea-    *fine Flower to*  
ten, and serced,    *the Sugar.*  
and put to it as will make it  
fit to roul out, which you  
must

must do ; and cut it into what Shapes you please, and lay it upon White Paper, and bake it in an Oven that is gently hot : When they are baked enough, then take them off the Papers, and dry them in the Oven when it is almost cold.

---

*To make Chocolet-Puffs.*

**T**Ake Six Eggs, and beat them very well with a white Rod ; and take a quarter of an Ounce of Gum-Dragon, steeped in Rose-water Three Dayes before, and put it to the Eggs, and mix it well

well together : then take a pound and an half of Loaf-Sugar, beaten, and serced, and put to the Eggs, and four Ounces of Chocolet grated, or powder fine ; mix altogether very well : Then take as much fine Flower, and put to it, as will make it into a Paste to roul out ; which do, and cut it into what Shape you please, and bake it upon white Papers ; and take them off as soon as they are baked, and dry them as you please, in the Oven.

*To*

To Preserve and Dry  
Wall - Nuts.

**T**Ake the large Wallnuts before the Shell is grown hard in them, and mix some Milk and Water together; and pare off the Green part, and put them into it: When they are all pared, then set them upon the Fire, and boyl them till they are tender; but if you see the Milk and Water turn very black, then take fresh Milk and Water, and boyl them  
in;

Preserving & Candyng. 145  
in; and when they are boyled tender, then put them into clean cold Water, and take the weight of them in Sugar that is White and good, and clarify it with a Quart of Water to a pound of Sugar: and when it is cold, put them into it, & let them stand 12 Hours: Then set them on the Fire, and boyl them in the Sugar a little: Then set them by till the next day; then drain them from the Sugar, and boyl it till it will draw ropy: then put them into it again, and let them have a little boyling; then set them into the hot Stove a Day and a Night: And then, when they are cold, drain them out of  
K the

146 The True way of  
the Syrrup, and lay them up-  
on Plates, and dry them. You  
may dust them a little with  
some fine Sugar.

**I**F you would put any of  
them in Pots, then put a  
little Water wherein Goose-  
berryes have been boyled to the  
Syrrup, to keep them from  
Candying, and stick half a  
Clove in each of them.

---

*To make Gembals of a  
very good Sort.*

**T**Ake fix Eggs, and two  
or three Spoonfuls of  
*Rose, Water*; and beat them ve-  
ry

**Preserbing & Candying.** 147  
ry well together; then put in  
a pound of Sugar sifted, and  
mix it very well; then put to  
it as much fine *Flower*, as will  
make it roul out; which you  
must do, and lay them in what  
forms you please, and bake  
them upon white Papers;  
but be sure take them off as  
soon as they come out of the  
Oven; and dry them as you  
please; and when dry, pack  
them up for Use.

K 2

To

*To make the best Rock-Candy.*

**T**Ake Flowers, Fruit, or Spices, that have been Preserved throughly, or boyled in Sugar, till they would dry very well ; then dry them in the Stove, and take an Earthen-Pot, that is made narrower at the Bottom, than it is at the Top ; and take clean dry white Whisks, and cut off a fit Length, and lay enough at the Bottom of the Pot to cover it : then lay on a Laying of such things, as you will Candy : then lay another

*Preserving a Candying.* 149  
another Laying of the white Whisk, and so likewise of what you do Candy : and so do till the Pot is full : then boyl as much Sugar Candy-high, as will cover all, and fill the Pot, and put it into the Pot, and set it into the warm Stove for thirty hours ; then take them out, and pour away the Sugar, and set the Pan into the warm Stove again for thirty Hours more ; then take out all the Candies, and lay them in the Stove to dry ; and when they are dry, pack them up in a Box, and keep them in a dry Clofset.

K 3

To

*To make Pistachoe-Paste.*

**T**AKE a quarter of a pound of the Kernals of Pistachoe-Nuts, and one pound of Jordan-Almonds; blanch the Almonds, and beat them, and the Nut-Kernals together, with a little Rose-Water, till it is a fine Paste; then take two pounds of double-refined Sugar, and melt it, and boyl it Candy-high: then

*The Way to make Spinnage-Colouring, is directed in Page 21.*

put in the Paste, and stir it well together; & if it be not green enough, then put

*Preserbing & Candying.* 151  
put in a little Spinnage-Colouring, and Six Grains of Amber-Greece; mix all well together, and drop it out into what Shape you please; and if it be not dry enough, then set it in the Stove a little, and it will be fit for use. You must stick three pieces of Kernal upon each piece of Paste, when it is soft.

*To Preserve Walnuts when they are Green.*

**T**AKE Walnuts before the Shell is grown hard in them, and prick them quite through, from one end to the other;



other ; and as you prick them, put them into fair Water, then set them on the Fire, and boyl them till they are tender, then make thin Syrrup with a quart of Water to a pound of Sugar ; and after your Nuts have been laid in several Waters for three dayes to take away the bitternefs, then pack them into a Preserving-Pan, and put the Syrrup to them, and let them stand *Eight* and *Forty* Hours, then boyl them till the Syrrup begins to draw, then set them by for *Eight* and *Forty* Hours more ; then boyl them again till the Syrrup will draw ropy very well, then put them up in Pots for use.

### To Preserve Pippins in Jelly.

**T**Ake choyce good *Pippins* and pare them, but leave the Stalk on, then prick them at the Head with a picked Stick till it goeth beyond the Core, then put them into as much thin Syrrup as will contain them ; let the Syrrup be made with a Pint and half of Water to a pound of Sugar clarify'd very clear ; set them on a gentle Fire, and let them stand stewing in a manner till you perceive they are grown tender, and the Sugar hath entred them : But  
be

154 . The True way of  
 be careful they do not boyl to  
 break them, then cover them,  
 and set them by till the Mor-  
 row : Then drain them from  
 the Syrrup, and boyl it till it  
 will draw, and put it to them,  
 and give them a good heat  
 upon the Fire till you think  
 they are entered quite tho-  
 row, then cover them with  
 Papers again, and set them in  
 the Stove in a warm place till  
 the Morrow ; then drain  
 them from the Syrrup, and  
 put them in Pots or Glassess,  
 and make a Jelly of Decoction  
 of Pippins, and fine Sugar, and  
 put to them, but be sure cover  
 them so as they may keep un-  
 der the Jelly, then paper them,  
 and set them in your Cloffet.

F I N I S.

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